

Great Lakes



Bulletin



The United States Navy's oldest, continuously published base newspaper

Volume 82, No. 32

Your Navy Starts Here

August 11, 2006

Change of command at Naval Health Clinic Great Lakes

By **PAUL ENGSTROM**
Bulletin Editor

In a change of command ceremony today, Capt. Michael H. Anderson turned over the helm of Naval Health Clinic Great Lakes to Capt. Thomas E. McGue at a 1 p.m. gathering on the front lawn of the clinic.

Anderson returns to the Marine Corps, where he will assume the duties of deputy director, medical programs Headquarters, Marine Corps.

"It's been an exciting three years knowing that I've had the opportunity to have a positive impact of delivering quality health care to the Great Lakes community," Anderson said.

Under his leadership the Naval Hospital Great Lakes became Naval Health Clinic Great Lakes June 1 of this year when the second phase of the partnership between the facility and the North Chicago Veterans Administration Medical Center (NCVAMC) began.

"The partnership we have established

with the VA continues the future of federal healthcare that was created here at Great Lakes," he said.

"I want to thank Mr. (Patrick) Sullivan (NCVAMC director) for being such a great partner in this endeavor."

A native of southern California, Anderson was raised in San Diego where he received a Bachelor of Arts Degree from the University of California, San Diego.

After being commissioned an ensign in the United States Navy he earned the degree of doctor of medicine in May 1983 from the Uniformed Services University of the Health Sciences, School of Medicine.

Returning to California, Anderson distinguished himself as the most valuable intern during his family

practice internship at the Naval Regional Medical Center, Camp Pendleton. Subsequently he was assigned to first force service support group as a general medical officer and later deployed to the western Pacific with the newly formed Eleventh

Marine Amphibious Unit.

Upon returning to the Naval Hospital Camp Pendleton, Anderson completed family practice specialty training in September 1987 as chief resident. His first assignment as a family physician was to the medically remote Naval Communication Station, Harold E. Holt located in Exmouth, Western Australia.

Anderson returned to the United States in October 1990 as faculty with the Puget Sound Family Medicine Residency. While assigned to Naval Hospital Bremerton, he participated in a three-month deployment to Guantanamo Bay, Cuba in support of the initial Haitian migrant relief effort in November 1991.

In June 1995, he accepted a three-year assignment as the director of Clinical Services at U.S. Naval Hospital Keflavik, Iceland.

Returning again to Naval Hospital Bremerton in 1998 he subsequently served as the director of medical services. Anderson became the executive officer of

Naval Hospital Cherry Point in August 2000.

After assuming command of the Naval Hospital Great Lakes, he completed the requirements for a masters in health administration from the University of North Carolina, Chapel Hill.

He is a fellow of the American Academy of Family Practice and a Diplomat of the American Board of Family Practice.

His personal decorations include the Meritorious Service Medal (third award), Navy and Marine Corps Commendation Medal (second award) and the Navy and Marine Corps Achievement Medal.

Raised in northern Indiana, McGue received a bachelor of science in biology from Michigan

Technological University in 1975. He entered Indiana University Medical School under the Armed Forces Health Professions Scholarship Program and

See **CLINIC** page 2



Capt. Michael H. Anderson



Capt. Thomas E. McGue



Spitting for science

From left, Spa. Katherine D. Gilmore, Spa. Tara D. Crowe and Pvt. 1st Class Tina M. Campbell offer saliva samples that will be used to test a component in a new antiplaque gum at the Dental and Trauma Research Detachment at Great Lakes. Researchers hope the gum will one day be included in meals ready to eat to help fend off the tooth decay that occurs during deployments. Turn to page 2 for the story. *Photo by Sammy L. Wallace*

Index

At the Review	5
Viewpoint	6
Movies and More	7
Chaplain's Corner	8
Sports	9
Crossword	21

Now hear this!

Absentee voting process explained along with 10 steps you need to do to ensure your vote is counted. Turn to page 3.

'Schedule your back-to-school physical'

SEE PAGE 4

Find out what's happening at Great Lakes!

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

Researchers hope to fend off deployment-related decay

By **KAREN FLEMING-MICHAEL**
U.S. Army Medical Research and
Material Command

Army researchers at the Dental and Trauma Research Detachment at Great Lakes are working to create a product that will help prevent dental decay during deployments. The researchers are working with a tasteless peptide that helps break up the film which forms on teeth and kills the bacteria that cause oral disease.

Studies show that dental health deteriorates during deployments. One study, undertaken by Maj. Georgia dela Cruz in 2004, showed that 3rd Infantry Division Soldiers who deployed to Iraq for six months in 2003 returned home with more than two-and-a-half times the number of cavities they had before deploying.

“The amount of tooth decay that occurred in just six months was overwhelming,” said dela Cruz, who treated returning

Soldiers at Fort Lewis, Wash., before becoming the public health dental staff officer at the U.S. Army Center for Health Promotion and Preventive Medicine.

Sports drinks, soda, candy and stress all contribute to decay during deployments, but lack of brushing plays into the equation as well, said Col. Dennis Runyan, commander of the research detachment.

“If you’ve gone a day or two without brushing your teeth and run your tongue over your teeth, you can feel that layer of grunge. It’s tough to penetrate,” Runyan said. “It’s hard to get things down into that biofilm that will actually kill the bacteria.”

The peptide’s name is a string of consonants – KKVVFVKVFK-NH2 – and is abbreviated KSL. Dr. Kai Leung, has worked with the peptide from the project’s inception to determine its killing power and ability to inhibit bacterial growth.

Leung also developed a model that mimics the environment of the mouth, and

enlisted the help of lab workers by asking them to donate saliva for his experiments. He’s even tested KSL in animal models to make sure that it doesn’t affect the intestinal tract like some antibiotics do.

The dental researchers concluded last year, with the help of Dr. Patrick Deluca at the University of Kentucky, that chewing gum is the best way to deliver KSL.

“Just the act of chewing gum in and of itself helps break up the dental biofilm, so you get a mechanical breakup,” Runyan said. “Then we have an added ingredient that actually helps kill and control the oral pathogenic bacteria as you chew the gum.”

Because gum is already available in MREs, Runyan said it would be a logical step to include the anti-plaque gum in them. “We give them the sugar-free gum in the same MRE that we give them Skittles. It’s like giving an alcoholic antabuse and having him wash it down with a shot of Jack Daniels,” he said.

The Combat Feeding Program officials

in Natick, Mass., with whom Runyan has spoken, aren’t making any promises about including it in MREs just yet.

“They deal with costs. I would say they’re interested but guarded until we can give them a good final cost,” the colonel said. Leung estimates each piece will cost about a dime or less.

In order to claim the peptide can control and kill plaque bacteria, Army researches must go through the Food and Drug Administration’s drug approval process.

Runyan said he hopes the gum will be in clinical trials three to four years from now. He stressed that when the gum is eventually fielded, it shouldn’t be seen as a replacement for good oral hygiene.

“The purpose of this gum is not to be a substitute for good flossing and brushing,” he said. “This will hold Soldiers over in times when they – because of operations tempo or availability – don’t have the time or the inclination to brush or floss.”

Sisters shine with track and spelling talents



Eight-year-old track enthusiast Aolanis Jusino is a member of the Waukegan Invaders Track Club.

By **JUDY R. LAZARUS**
Bulletin Associate Editor

Eight-year-old Aolanis Jusino took home a silver medal in the Junior Olympic Track Championship last month with her best time of 1:24 in the 400-meter dash.

To compete in this event, that included more than 40 teams, the Forrestal Elementary School third grader had to qualify during the past year. She ended up coming in second best for the region.

Alonis, who runs in the PeeWee category, is a member of the Waukegan Invaders Track Club.

Her interest in the sport began in pre-kindergarten days when she beat the boys and girls in field-day competitions. At the age of 6 she won a triathlon for her age group.

This year Alonis tried out for the Invaders, whose coach saw her roller skating and said he wanted her on his team.

In addition to her talent on the track, Alonis finished second grade on the honor roll and has started taking piano lessons.

Dad, Sgt. 1st Class Enrique Jusino, is assigned to the U.S. Army Chicago Recruiting Battalion at Great Lakes, and mom, Elizabeth, works for the Morale, Welfare and Recreation Department, at Kids World, in Glenview.

The Jusinos are proud of Aolanis and her sister, 10-year-old Alyeshka, who won first place in the Spelling Bee Championship at Forrestal School, and was chosen to represent her school in the North District



Alyeshka and Aolanis proudly display Alyeshka’s Gold Honor Roll certificate. Photos by Elizabeth Jusino

Spelling Bee Championship Region 2. Alyeshka, also an honor roll student, was nominated by her school to participate in the Inivtational Junior Achievement Lead Conference in Washington, D.C. this year.

Both sisters have been accepted for an advanced academic program.

“The girls are really doing well in both their fields,” Elizabeth Jusino noted. “We’re going to support them to follow their dreams.”

Great Lakes Bulletin

CLINIC

(Continued from page 1)

graduated in May 1979.

His first Navy tour was at Naval Regional Medical Center Jacksonville, Fla. as a resident in family practice, where he served as chief resident during his third year. After graduation in 1982, McGue participated in the opening of the aviation family practice clinic at NAS JAX and served on the residency teaching staff.

In 1985 he transferred to Naval Hospital Newport, R.I. as staff in the family practice department, where his duties included running the emergency and disaster preparedness services. In 1987 McGue entered civilian practice in Tiverton, Rhode Island while maintaining selected reserve status as the medical officer aboard the USS Valdez (FF-1096).

In August of 1990 he re-entered active duty in Newport, Rhode Island as a team leader in family practice, assisting in the stand up of the first Navy military/civilian external partnership at Newport Hospital. Transferring in 1993 to Fleet Surgical Team 2 in Norfolk, Va., he deployed aboard the USS Guadalcanal (LPH-7) in support of MARG 93. Subsequently, he assumed duties as the Amphibious Group Two Surgeon out of Little Creek, Va.

In his next duty station at Naval Hospital Groton, Conn., he served as the director of clinical services (DCS) and president of the medical staff. During this tour he participated in the development of a military/civilian external partnership with the Backus Hospital in Norwich, Conn.

In 1999 Captain McGue reported to Naval Ambulatory Care Center Newport, where he served initially as the DCS for Newport and engaged in the stand up of Naval Health Care New England; subsequently taking over as the DCS for all New England.

In 2003 Captain McGue took orders to the new Naval Medical Education and Training Command, Bethesda, Md., where he served as deputy commander.

McGuie wears the Surface Warfare Medical Department Officer pin, and his personal awards include the Legion of Merit, Meritorious Service Medal with two gold stars, and the Navy Commendation Medal with two Gold stars. He is a Fellow of the American Academy of Family Physicians, is board certified in family practice and geriatrics, and is a graduate of the College of Distance Education at the Naval War College.

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Rear Adm. Gary R. JonesCommander
Capt. R.J. PosteraCommanding Officer
Lt. Cmdr. Melissa SchuermannPublic Affairs Officer
Paul EngstromManaging Editor

The **Great Lakes Bulletin** is published every Friday by Lakeland Newspapers, 30 S. Whitney St., Grayslake, IL 60030, in the interest of military and civilian personnel aboard Naval Station, Great Lakes.

Editorial and news content is prepared by the Public Affairs Office, 2601A Paul Jones St., Great Lakes, IL 60088-2845. All news releases should be sent to the **Great Lakes Bulletin** at this address. Telephone (847) 688-2201/4808.

Opinions expressed herein do not necessarily represent those of the United States Navy nor officials of Naval Station, Great Lakes. Deadline for submission of copy to **Great Lakes Bulletin** is 4 p.m. on Monday the week of publication.

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All commercial advertising is arranged at the office of the publisher, Lakeland Newspapers, 30 S. Whitney, Grayslake, IL 60030 (847) 223-8161. The **Great Lakes Bulletin** has a circulation of 14,000. Subscription information is also available from the publisher.

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Medal of Honor recipient former Marine Pfc. Jacklyn H. Lucas shakes Marine Corps Commandant Gen. Michael W. Hagee's hand while receiving his Medal of Honor flag during a parade ceremony at the Marine Barracks at 8th & I Streets, in Washington, D.C., Aug. 3. USMC Photo

26 Marine heroes presented with Medal-of-Honor Flags

By **CPL. DAVID REVERE, USMC**
Special to American Forces Press Service

MARINE BARRACKS WASHINGTON, D.C., August 4, 2006 – Twenty-six Marine heroes were honored at a Medal of Honor flag presentation ceremony here yesterday.

A crowd of more than 1,000 friends, family members and patriotic spectators watched as Marine Commandant Gen. Michael W. Hagee and Sgt. Maj. John L. Estrada, sergeant major of the Marine Corps, presented flags to 16 Medal of Honor recipients and family members of 10 other Medal of Honor recipients.

“On behalf of all Marines, thank you for your service and example for the thousands of Marines that followed you,” Hagee told the recipients. “Your legacy is these Marines.”

Both houses of Congress approved the concept of the Medal of Honor flag and President George W. Bush signed it into law in October 2002.

The Medal of Honor flag commemorates the sacrifice and blood shed for freedom and emphasizes the Medal of Honor's place as the highest award for valor that can be given to a U.S. military member. The flag's light blue color and white stars match the colors found on the Medal of Honor ribbon.

At the ceremony, each MOH recipient or family member accepted a flag from Hagee.

As Vietnam War MOH recipient former Sgt. Maj. Allan J. Kellogg Jr. was presented with his flag, the final presentation of the evening, the crowd gave the honorees a standing ovation.

Cpl. Amber T. Chavarria, a Marine Barracks Washington protocol non-commissioned officer who assisted in presenting the flags, said she felt proud just to be in the presence of such heroic individuals. “It's hard to describe how it feels being a part of this,” Chavarria said. “These gentlemen did so far above and beyond what they were asked, and they did it in order for me to be able to do my job.”

“Being in the presence of these Marines is a once-in-a-lifetime experience,” Lance Cpl. Sean J. Sorbie, a training NCO, said. “I am proud just to have been a part of it.”

The parade ceremony concluded with the Marine Drum and Bugle Corps' playing of the “Marines Hymn” and a pass in review. The pass in review brought the crowd to their feet as nearly 200 Marines of the oldest post in the Corps saluted.

“Nobody does it up like the Marine Corps,” said World War II veteran Jack H. Lucas, who was awarded the Medal of Honor for actions against Japanese forces on Iwo Jima. “To have these young men here in our presence — it just rejuvenates this old heart of mine. I love the Corps even more knowing that my country is defended by such fine young people.”

Exercise your right ...Vote

Did you know that in 2006, the American people will elect 33 U.S. Senators, 435 U.S. Representatives, 37 State Governors and vote on state referenda? The Federal Voting Assistance Program (FVAP) mission is to inform U.S. citizens of their right to vote, foster voting participation and protect the integrity of and enhance the electoral process. The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) allows members of the U.S. Uniformed Services and their eligible family members to vote by absentee ballot.

The Absentee Voting Process:

1. First, a person must register to vote in his/her state of legal residence. To register and vote absentee, an eligible U.S. citizen must accurately and legibly complete a Federal Post Card Application (FPCA) and submit it to the proper election official.

2. Second, the local election official will process the FPCA and will contact the citizen if there are any questions

during the process, or if the form is not acceptable.

3. When the citizen receives the ballot, it should be voted and returned as soon as possible to ensure the state's ballot receipt deadline is met.

The official Federal Voting Assistance Program (FVAP) Web site is www.fvap.gov, and has a wealth of voting information.

The Web site contains the 2006-07 Voting Assistance Guide, with registration and absentee ballot voting instructions from all 50 states and five U.S. Territories. The mailing address of every local election official is easily accessible in the online Voting Assistance Guide.

An electronic version of the FPCA is also in “PDF” format on the FVAP Web site. If you have any questions about the FVAP, please contact your command's Voting Assistance Officer or contact the Naval Station Great Lakes Voting Assistance Officer, Lt. Stephen Miller, via e-mail at: stephen.j.miller1@navy.mil.

10 things to help ensure your absentee vote is counted

(1) Start by contacting your unit or organization voting assistance officer for help in absentee registration and voting.

(2) Visit the Federal Voting Assistance Program's Web site at www.fvap.gov for information on the absentee registration and voting process.

(3) Ensure that you have applied for your absentee ballot using the hard copy or on-line versions of the FPCA.

(4) Make sure your local election official has your current mailing address.

(5) Sign and date all election materials.

(6) Fulfill your state's witness/notary requirements (if required).

(7) Ensure that your ballot or FPCA is postmarked.

(8) Register to vote and request your ballot in a timely manner - not later than September.

(9) VOTE - mail your ballot not later than Oct. 15 of the election year.

(10) Use the Federal Write In Absentee Ballot if you are overseas and your State absentee ballot does not arrive in time to be mailed back by the state's deadline.

Default judgments – don't count on the judge

By **NLSO GREAT LAKES**

This story is a warning not to count on a judge to enforce the Servicemember's Civil Relief Act (SCRA) to protect you from a default judgment. In the following paragraphs I will explain the protections available to you under the SCRA and why you must assert them if you wish to be protected.

A default judgment is a judgment against you in court that is entered when you do not appear as the defendant in an action. If you are the respondent in a divorce action, the respondent in a custody action, or the defendant in a civil suit, a default judgment will be issued in favor of the plaintiff if you do not show up to court. The other side wins against you by simply showing up.

The SCRA is a federal law that grants servicemembers some protection from default judgments in civil suits (not criminal or traffic court, but pretty much everything else). It requires the following:

- The plaintiff must file an affidavit with the court saying whether the defendant is in the military service.

- If the defendant is in the military service, the court must appoint counsel to represent the defendant if the defendant does not appear. [note: the law is not clear on what that lawyer's duties are to the military member, but it seems generally accepted that at a minimum they should at least request the lawsuit be postponed and locate the servicemember to advise them of the pending action].

If these requirements are not met with, the judgment is invalid under federal law, which trumps state law. Unfortunately, the judgment being invalid only means you can

get it overturned. Until you do that, the judgment is just fine.

Many judges have decided the way they will comply with the SCRA is by just ignoring it until the servicemember petitions to have an erroneously entered judgment overturned. Rather than requiring the affidavit in their courts and appointing counsel, many judges are just granting the plaintiff a default judgment and waiting until the losing servicemember contests it. There is nothing anyone can do about this. And most importantly, the judgment is good until overturned.

While you can generally get an erroneously entered judgment overturned, until you do, that judgment can go on your credit report. Further, it is collectable until proven erroneous. If it is child support, you will now be in the situation of trying to straighten it out in the court then proving you have done so with the state agency that will now most likely be helping your former spouse collect. While theoretically a straight-forward process, all of this will take much time and energy, and can cost you a substantial amount of money.

The moral of this story is: If you receive notice of an action against you, do not ignore it! If you are not sure what it is about, or if you simply cannot attend the hearing, go to your local Naval Legal Service Office. We can explain where you stand and can help you to employ other useful provisions in the SCRA to schedule the hearing for a time when you can attend.

For further information on this subject, please contact the Great Lakes Detachment of Naval Legal Service Office North Central at (847) 688-4753, ext. 110 or 111.



IDOT award

Lt. Joseph O'Hara (left), public safety director, Stewart Nagao, safety program director, and Capt. Richard Postera, commanding officer Naval Station Great Lakes show the Traffic Safety Partnership Award for the station's effort in the Illinois Department of Transportation's “Click It or Ticket” promotion. NAVSTA had a 99 percent safety belt usage — one of the highest safety belt usage rates in the state. Photo by MC1(AW/SW) V.K. Schaefer

Schedule your school physical exam now

By **GREAT LAKES MEDICAL CLINIC PUBLIC AFFAIRS**

Round up all cowboys and cowgirls who live in Illinois or Wisconsin who are entering kindergarten, fifth or ninth grade; new to the area; changing schools; and/or in need of a sports physical and make an appointment for the month of August.

School physical examinations may include any or all of the following: height, weight, blood pressure, vision and hearing screening, growth and development, and any health, emotional or social concerns.

Call TRICARE at (800) 941-4501 for a

10-minute slot on Monday or Friday from 1 to 3 p.m. or, Tuesday or Wednesday from 9 to 11 a.m.. You may request your primary care manager.

Arrive 15 minutes before scheduled slot and have the appropriate school form completed with child's name and health history. School forms will be available in the pediatric clinic. Have shot records so all immunizations can be transcribed to school form. Any immunization needed will be given during this time.

Make a regular appointment with the primary care manager for any buckaroo who has ADHD, asthma or other chronic health condition.

Quarterdeck of USS Bon Homme Richard gets fresh makeover

By **EVA KOWALSKI**
Training Support Center

USS Bon Homme Richard, which accommodates 290 students at Training Support Center (TSC), Great Lakes, received a quarterdeck makeover. The Bachelor Enlisted Quarters (BEQ), which is modeled on the Bon Homme Richard, now has a new podium and a display case containing donated items from the CV-31 Ship.

ETSA Kathleen Rose Owens, 18, of Richmond, Va. stands watch behind the new podium, which is significantly larger in size from the original. A student enters and requests permission to come aboard.

"Granted. Come onboard," she responds after inspecting the identification card.

"I think it improves the morale. As far as watchstanding goes, it reinforces your authority as the petty officer of the watch," she explains.

ICC(SW/AW) Eric Stombaugh, leading chief petty officer of USS Bon Homme Richard, designed the new podium, which has a built in liberty drop box and draws to place deck logs and any other paperwork. With donations from Self Help, GMC (SW) James Morris, a former staff member of the Bon Homme Richard, built the podium in his wood workshop.

"The quarterdeck is where everyone enters and leaves the Ship. This is the ceremonial showplace for the Ship, so you want to put your best foot out there," said Stombaugh.

Students at the Bon Homme Richard are divided into four duty sections, which means every four days they stand watch for

four hours initially and then two-hour increments afterwards.

"On the quarterdeck, generally I have a messenger and a watch. The petty officer of the watch checks all ID and liberty cards against the master list for the Ship and makes sure the students are in the correct phase of liberty. Their primary duty is the security of the quarterdeck, they're checking every individual coming on and off and the pier sentry stands off to the side to check bags and belongings," Stombaugh said.

"If we were on a real ship a pier sentry would be the one walking up and down the pier making sure the security of the pier is good. They would be standing out at the gate checking everybody before they even came onto the pier in the first place," he added.

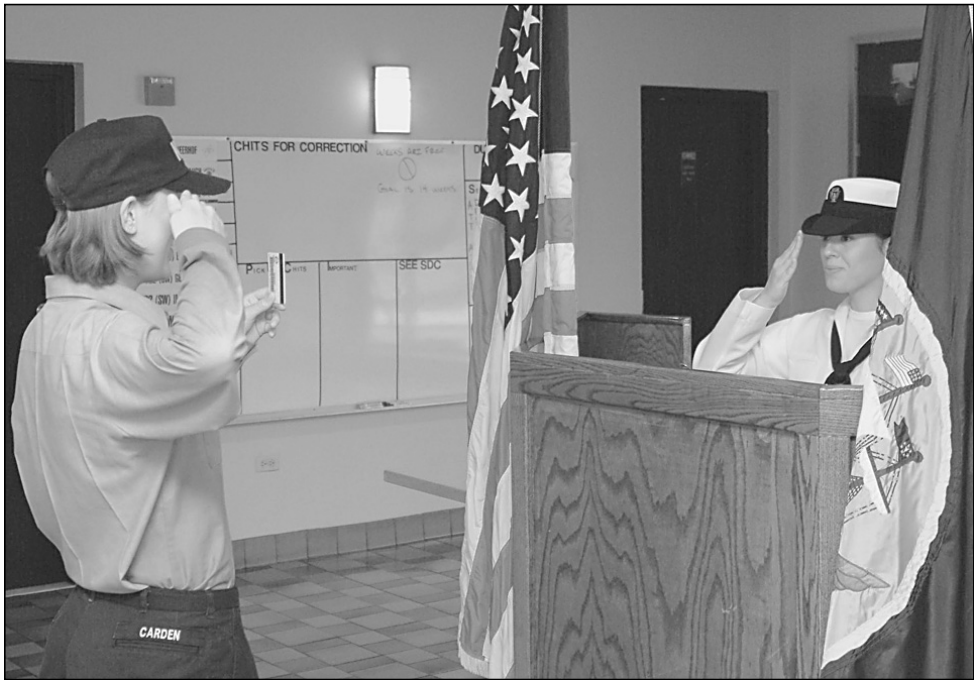
The BEQs at TSC are treated like Ships. They have Ships names and follow the same protocols and procedures.

"The purpose is to train them up here so that they are ready to be an active member of the crew aboard a Ship," explained Stombaugh.

A new memorial display containing items from the second Bon Homme Richard (CV-31) has also enhanced the quarterdeck of the USS Bon Homme Richard BEQ.

In an effort to find artifacts from the Ship to put on display, Stombaugh tracked down the family of Matthew Lukowski, who was a plank owner on the CV-31. The family donated some of the Ship's old newspapers, plans of the day and other small items.

"It gives us a sense of pride," said ET3 Valerie Uviedo, 22, from San Antonio, Texas.



Airman Tara Carden requests permission from Seaman Kelli D. Torre, who stands behind the new podium at Bon Homme Richard, to come aboard. Photo by Matt Mogle



SN Hector Cereceres (left), SN Ethel Lorenzana and SN Jean Rene of PSD Great Lakes, volunteered time to the Whittier Kindergarten Center, Waukegan, to help with the United Way's "Wild About Kindergarten" program. Photo by PSD

Volunteering brings rewards to young Sailors at PSD

By **PS2(SW) LOUIE BEASLEY**
Acey Deucy President

On Saturday Aug. 5, PS1(SW/SCW/AW) Tyler Hopkins and PS2(SW) Louis Beasley gave several young sailors a chance to join the Acey Deucy Association (non-profit social unit comprised of E5 and E6 personnel at PSD) by volunteering in a weekend community event sponsored by United Way of Lake County.

The "Wild About Kindergarten" is just one project under the early-learning initiative known as "Success By 6." The program prepares children to succeed when they enter kindergarten.

The event took place at Whittier Kindergarten Center, Waukegan and helped parents and their 150 young children learn the basics of colors, the alphabet, writing their names, rhyming words and counting.

"I think it is important as leaders, trainers and mentors we keep our junior sailors

involved in community relations because it helps them to connect with the needs of the local community and makes a difference in the lives of others," said Beasley, President of the Association.

"Petty Officer Hopkins and I saw personalities emerge and the transfer of many different skills from these willing young sailors, that hugely left a life-long impression on these kids."

Other PSD Sailors participating were PS3 Teresa Gonzales, SN Ethel Lorenzana, SN Jean Rene, SN Vanessa Riethmann, SN Hector Cereceres, FR Colin Whitt. All said they had a great time working with the kids.

"This event would not have been possible without the help of Acey Deucy and the other volunteers from PSD Great Lakes," said Lynn Tracy, Community Resource Specialist, United Way of Lake County. She noted that Naval Station commanding officer, Capt. Richard Postera, is on the board of directors at United Way of Lake County.

TSC, Learning Sites send care packages to IAs

By **EVA KOWALSKI**
Training Support Center

Training Support Center (TSC) and Learning Sites, Great Lakes have started a new care package initiative to remind staff members serving overseas as part of the Individual Augmentee (IA) program, that they are not forgotten.

The care packages include items such as Starbucks coffee, gum, beef jerky, Chapstick, playing cards, puzzle books, religious items, post cards signed by shipmates, base newspaper, career counselor information and a disk with pictures of command events.

FCC(SW) Jesus Pavon, program coordinator, said, "When you're serving overseas it's easy to feel isolated from the things you get accustomed to when you're in the U.S."

Pavon served seven month's on an IA in Guantanamo Bay, Cuba from March to October last year.

To date, 30 staff members are participating in the joint service IA program. So far, 15 packages have been sent with the remaining 15 waiting to be shipped as soon as mailing addresses are acquired.

Some of the recipients of the care packages have sent thank-you notes.

Lt. Raymond Gherardini, who is serving as the Fleet Watch Officer in Bahrain, said, "It meant a lot and I can't tell you how nice it was to open up an unexpected package from home and find all sorts of goodies."

Packages are sent quarterly with the help of area associations and businesses. The United Services Organization has helped cover postage costs and the post office has helped provide postage supplies.

Other groups that have contributed include the Chief Petty Officer Association, Center for Naval Engineering and Center

for Surface Combat Systems Learning Sites. The Jelly Belly organization has also donated samples of their product to be included in the care packages.

"While overseas it's easy to feel detached from relatives and friends," said Pavon, who intends to continue running the program for the duration of the IA program.



FCC(SW) Jesus Pavon makes a care package for shipment overseas. Photo by Matt Mogle

◀●●●●●▶

Viewpoint

Readers Speak Out

This week the *Bulletin* asks its readers, “If you opened a restaurant, what would your house specialty be and why?”



“I would open up an Italian restaurant, specializing in variety of pastas.”

GSMFR Deryk Neal



“Barbequed ribs would be my specialty along with my special rib sauce.”

Master Sgt. Terry Young



“Because I am from Honduras, my restaurant would have such cultural dishes as tapado and conch.”

Paulette Hogan



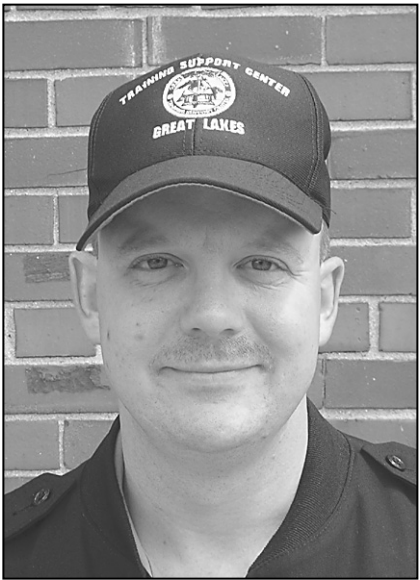
“My restaurant would serve shrimp creole and stewed crawfish along with seafood gumbo.”

Renetric Pierre



“I would specialize in pasta dishes. I am a distance runner and I would need to load up on pasta and beer before a big race.”

Lt. Michael Edquist



“I would open up an Italian restaurant. I would specialize in the use of different oils and seasonings.”

CSC Paul Boston



How to reach us

Phone Numbers:

Office: (847) 688-4808
Fax: (847) 688-4945

Paul Engstrompaul_bulletin@yahoo.com
Judy Lazarusjlazarusglakes@yahoo.com
Jim Boylanjboylan@nwnewsgroup.com

WHAT happened WHEN

A look back at historic Great Lakes

40 years ago NTC units perform

The various special units on the center are finishing the final weekends of the summer in grand style. The Naval Training Center Band participated in the Carroll County Fair at Milledgeville, Ill. yesterday and will perform at the Wisconsin State Fair in Milwaukee Sunday and Tuesday. The Service School Command Drill Team will perform at the Bud Billiken parade and picnic tomorrow.

20 years ago Another fire in Forrestal

A second fire on Oklahoma Avenue in Forrestal Village early Tuesday morning has left two more Great Lakes families homeless and has resulted in the arrest of a local juvenile. According to the Great Lakes Fire Department, the alarm came in around 4:30 a.m. Damage included the front parts of units A and B of 4214 Oklahoma Avenue which is the building next to the site of the previous fire.

30 years ago Navy volunteers needed

Volunteer junior enlisted men and women are needed to be judges and officials for the competitive events in the sixth annual Thomas J. Keane, East Central Region, Sea Explorer Rendezvous Aug. 20-22 at Great Lakes. Some 600 male and female, high school age Sea Explorers and their adult leaders from Illinois, Wisconsin, Michigan, Indiana, Ohio, Alabama, Kentucky, and Iowa will participate.

10 years ago Hospital promotes healthy lifestyle

Great Lakes Naval Hospital representatives said recently that “Promoting Healthy Lifestyles” is the theme of their health promotion program. In keeping with this theme, a series of short noon walks and lectures have been planned for the summer to promote health and fitness. All walks will begin and end at the Naval Hospital and all are open to active duty, DoD civilians, and retirees and family members.

Great Lakes Snapshot

Name:
Sgt. Major Jeffery A. Zink

Hometown:
Lakeland, Fla.

Job Title:
Sgt. Major, Marine Air Control Group 48

Time in position:
June 2006

What do you enjoy most working at Great Lakes?
The great people and positive attitude.

Childhood ambition:
To be a Marine.

First job:
Marine

What do you enjoy doing in your spare time?
Volunteer with community outreach and riding motorcycles.

Dream car:
1955 Ford F-150

Favorite music artist:
Flat Foot 56

Favorite book:
Art of War



Sgt. Major Jeffery A. Zink

If you could meet any person-alive or dead—who would it be?
Chesty Puller

Your perfect day:
A great workout and then riding the open roads on a motorcycle.

Your hero:
Jesus

Information, Tickets & Travel

Building 400, 688-3537

Information, Tickets and Travel (ITT)
Bldg. 400, 688-3537
Hours of Operation
Mon.-Fri.: 10:00 a.m.-5:00 p.m.
Sat.: 9 a.m.-1 p.m.
Sun. & Holidays: Closed

TSC & Hospital Corps School Students... Redeem MWR Gold Card Scratch-off Prizes at ITT!

With built in discounts and ongoing specials, the Gold Card is a great tool for tons of savings at various MWR locations. The card also has a "scratch-off" component for instant prizes including Free Bowling Passes, Free Movie Passes, NEX Gift Certificates (\$25/\$50 & \$100) and top prizes including a Round Trip Airline Ticket! All scratch-off prizes redeemed at the ITT Ticket Office-Bldg. 400.

Chicago Cubs

All September/October tickets cost \$52 each. September/October Game Schedule:

-Sat., Sept. 2; TBD vs SF
-Sun., Sept. 3; 1:20 p.m. vs SF
-Sat., Sept. 16; TBD vs CIN
-Sun., Sept. 17; 1:20 p.m. vs CIN
-Tues., Sept. 26; 7:05 p.m. vs MIL
-Wed., Sept. 27; 7:05 p.m. vs MIL
-Sat., Sept. 30; 7:05 p.m. vs COL
-Sun., Oct. 1; 1:20 p.m. vs COL

Restrictions: Limit two tickets per person, one game per month. There is absolutely zero tolerance in the resale of ITT's tickets. When you purchase your ticket and sign your name to it, you are bound to that agreement. See posted signage for details.

Chicago Bears Preseason Tickets!

Aug. 18 - Bears vs. San Diego @ 7 p.m.

Aug. 25 - Bears vs. Arizona @ 7 p.m.

Please call the ITT Office for further details.

Bristol Renaissance Faire

The Bristol Renaissance Faire is a magical, theatrical re-creation of a 16th century English village, celebrating the food, games, crafts, music and sport of the Elizabethan age. Hundreds of costumed performers offer continuous entertainment on 16 open-air stages and in the shaded village streets. This merry stroll through history is unparalleled fun for the whole family. The Faire runs on Saturdays and Sundays throughout the summer in Bristol, Wis. from July 8-Sept. 4 (Labor Day-Monday), 10 a.m.-7 p.m. ITT ticket costs are as follows: \$18 for adults and \$9 for children.

Six Flags Great America/Hurricane Harbor Waterpark

Purchase your daily and season

passes for Six Flags Great America, which includes the new Hurricane Harbor Waterpark at the ITT Office. Admission: \$38 - Adults; \$36.25 - Children (under 54"); Two-Day Pass - \$55; Season Pass - \$90 per person.

Ramada-Waukegan offers a special \$79

The Ramada-Waukegan, located at 200 N. Green Bay Road, offers all Great Lakes Naval Training staff, recruits and families a special \$79 rate. Six Flags packages are also available with discounted tickets to the park, hot breakfasts and overnight stays included. Enjoy our variety of amenities: Indoor pool, hot tub, sauna, gift shop, exercise room, restaurant and lounge. Please call (847) 244-2400 to book your next overnight stay at the Ramada-Waukegan.

Military Ticket Vouchers (MTV)

Through the Military Ticket Vouchers (MTV) program, ITT Offices can provide their customers discounted pre-paid admission to theatres, theme parks, museums and other attractions throughout North American. Military Ticket Vouchers can also be used to save significantly on the cost of lodging reservations at hotels and resorts throughout the U.S. Call today to for a list of attractions at 688-3537.

Leisure Travel Office at MWR Travel Plus ...

The MWR Department's MWR Travel Plus offers a full-service Leisure Travel Office. An experienced travel agent will be "on-site" on Mondays and Wednesdays from 10 a.m.-5 p.m. and Saturdays from 9 a.m.-1 p.m. to handle leisure travel needs including ...

- Air travel at special Military discounts!
- Emergency and dependant travel!
- Off duty and leave (vacations)!
- Tours and cruises, many at Military discounts!

The Leisure Travel Office may be reached directly at (800) 905-9330; they may also be found on the web at www.travelplusinc.com.

Noah's Ark - America's Largest Waterpark!

Residing on 70 acres in the heart of Wisconsin Dells, Noah's Ark, America's Largest Waterpark, boasts 41 waterslides, two huge wave pools, two endless rivers, four children's water play areas, Paradise Lagoon activity pool, two group amusement rides, 18-hole mini golf, three arcades, shopping, gourmet desserts and much more! Noah's Ark is continually evolving, offering the most variety of water rides anywhere in the nation. This summer is no exception with the introduction of "Time Warp" the

world's largest family bowl ride. The ticket cost is only \$25 each at the ITT office.

Commemorative Bricks

Etch your name in Great Lakes' history by purchasing a commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office today!

Welcome Lodging offers discount rates

Welcome Lodging of Waukegan is offering extra low rates for all base personnel-starting at \$49/night, which includes their fabulous breakfast bar. Quality rooms may be enjoyed at a great price and located just three miles north of the base at 619 S. Green Bay Rd. Call (847) 662-3200 for reservations today! Use code *NVGL* when booking your reservations. www.welcomelodging.com

Holiday Inn Hotel & Suites Chicago Downtown

Now serving Great Lakes with discounted rates from \$89/Night (King or two double beds). Located on Harrison St. at Canal St., four blocks south of the METRA Kenosha North Line stop and two blocks from Amtrak/Union Station, Greyhound Terminal, and Scarlett's. Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel.

Offer subject to availability. Stop by the ITT Office for additional information or visit www.hidowntown.com. For advance reservations, call (312) 957-9100 and ask for the NAVY rate.

Laugh a lot at ComedySportz in Chicago

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

ITT is now selling Navy Pier - Spirit of Chicago Harbor Cruises!

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago!

★ ROSS ★ THEATER

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

Fri., Aug. 11
6 p.m.



WAIST DEEP

R-For strong violence and pervasive language. (97 Min.)

Fri., Aug. 11
8:30 p.m.



SUPERMAN — RETURNS —

PG 13-For some intense action violence. (154 Min.)

Sat., Aug. 12
6 p.m.



THE DEVIL WEARS PRADA

PG 13-For some sensuality. (106 Min.)

Sat., Aug. 12
8:30 p.m.



PIRATES OF THE CARIBBEAN

Dead Man's Chest

PG 13-For intense sequences of adventure violence, including frightening images. (145 Min.)

Sun., Aug. 13
3:30 p.m.



ADAM SANDLER CLICK

PG 13-For language, crude and sex related humor and some drug references. (98 Min.)

Sun., Aug. 13
6 p.m.



THE DEVIL WEARS PRADA

PG 13-For some sensuality. (106 Min.)

The movie schedule is subject to change without notice.

For up-to-date information,
call the MWR Scoop Line at 688-2110, ext. 697,

24 hours-a-day or check the web site at

www.mwrgl.com



Places to dine • Places to go

Pub 140 Staff Lounge, Bldg. 140, 688-6946

Pub 140 offers a "Grill Your Own" menu: steaks, hamburgers, salmon and chicken breasts. Come and enjoy the beautiful Lake Michigan view, and pleasant atmosphere. Play Instant Win Bingo for cash prizes in Pub 140.

PUB 140's hours of operation are Wed.-Fri., 4-9 p.m. PUB 140 is open to all staff members and is located in the Port O' Call in Bldg. 140. Pub 140 has a wide screen TV. For more information, call 688-6946.



Chaplain's Corner



Engaged, married couples invited to make a good relationship great!

By LT. PRATIK K. RAY
CHC, USN

Many married couples find themselves developing patterns within their marriages that serve to break down the flow of communication and emotional intimacy. I have talked to many couples who told me that they woke up one day and realized that they were not in love with their spouses. We do not, however, simply fall out of love with our spouses. That's not how it works. Couples who feel this way usually have witnessed erosion in their communication and emotional intimacy over time.

If you are married and you have witnessed your communication with your spouse decline, I want to encourage you that this is not uncommon and it does not mean that your relationship is in crisis. I also want to warn you, however, that if you do not do something to change this negative pattern, you are headed towards crisis or at least a less satisfying marriage.

Investing in your relationships is the key. All couples can benefit by intentionally planning periods throughout the week where they can sit down and spend quality time together. They can also benefit by scheduling regular date nights. Finding a home church where both can connect and worship together also strengthens a relationship, re-enforces shared values and beliefs, and builds a network of social support.

Another great way to invest in a relationship is to take advantage of the many great marriage enrichment programs offered through the Navy. One class that I will offer to married and engaged couples on Saturday, Oct. 14, is PREP (Prevention and Relationship Enhancement Program). This program "is one of the most comprehensive and well respected divorce-preven-



Lt. Pratik K. Ray

tion/marriage enhancing programs in the world. PREP is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other" (www.prepinc.com).

If you are interested in obtaining more information, please send a e-mail to Chaplain Ray at pratik.ray@navy.mil.

Make your good marriage GREAT!

Who: married and engaged couples
(military and civilian staff—no RTC or TSC students)

What: One-day PREP Marriage Course

When: Saturday, October 14, from 8 a.m. to 5 p.m.
A light continental breakfast will be provided.

Where: Building 3 in the Mezzanine Conference Room

Fees: There is no charge for the course, but you must register in advance.

Register*

PLEASE REGISTER BY WEDNESDAY, OCTOBER 4
(Register by e-mail to PRATIK.RAY@NAVY.MIL)

Include the following information: sponsor's name (first & last), rank (if military), command, spouse or fiancée's name, your names as you wish them to appear on a certificate, e-mail address and phone numbers (primary and alternate)

***BY SUBMITTING YOUR REGISTRATION, YOU ARE COMMITTING TO ATTEND THIS CLASS.**

Questions

Contact Chaplain Ray by e-mail (above) or by phone at (847) 688-4911/5410.

"PREP (Prevention and Relationship Enhancement Program) is one of the most comprehensive and well respected divorce-prevention/marriage enhancing programs in the world. PREP is a skills and principles-building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other" (www.prepinc.com).

Chaplain Ray, a certified PREP instructor, will offer this one-day PREP Course.

The course is for both married and engaged couples that want to make their good marriages great or help an ok marriage get back on track. It is not for couples that are currently experiencing a high level of distress or in situations involving domestic abuse. If you are in such a situation, please contact Family Advocacy.

Bluejacket Chapel hiring musical positions

The Bluejacket Memorial Chapel Command Religious Program has job openings for:

- Pianist
- Choir Director

Chaplain Felder will be interview for these positions Friday, Aug. 18 at 1:00

p.m. in the main Chapel (Bldg. 3). Please call (866) 705-5711 or (610) 882-7000 to obtain your DUNNS number before coming to the interview.

If you have any questions, please call RP1(AW/SW) Hurts or Chaplain Felder at (847) 688-5410.

Command Religious Program Schedule

Catholic

Sun., 9 a.m. Sunday MassBluejacket Memorial Chapel
Sun., 10:30 a.m. Sunday MassNaval Hospital All Faiths Chapel
Sun., Noon Sunday MassForrestal Village Chapel
Mon.-Fri., 11:45 a.m. Weekday MassBluejacket Memorial Chapel
Sun., 10:30-11:30 a.m. CCDBldg. 122
Sun, 10:30 a.m. Catholics Seeking ChristBluejacket Memorial Chapel

Protestant

Wed., Noon Praise, Word and WorshipNaval Hospital All Faiths Chapel
Sun., 10:30 a.m. Contemporary WorshipBluejacket Memorial Chapel
Sun., 10 a.m. Family Worship ServiceForrestal Village Chapel

Church of Jesus Christ of Latter Day Saints

Sun., 1:30 p.m.Naval Hospital All Faiths Chapel

Liturgical Protestant

Sun., 12:15 a.m., Holy EucharistBluejacket Memorial Chapel

Anglican priests Chaplains Allen (at Forrestal) and Ray (at Bluejackets), will co-lead this service. Worship follows the forms of the Book of Common Prayer and should be familiar to most Christians of a liturgical background. Holy Communion is open to all baptized Christians who seek and recognize the presence of Christ in the Eucharist.

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

Chapels

- Bluejacket Memorial Chapel - Bldg. 3, NTC
- Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
- Naval Hospital All Faiths Chapel, Wing 2 South
- For More Information about any of the services or events listed in this schedule, call 688-5610

SportScene

Bowling league to start in August

If you are looking for something to do this fall and winter and you have a love for bowling, how about joining a bowling league?

The Wednesday Night Turkey's are looking for teams and bowlers (male and female) for this year's league. Bowlers may be active duty, retired, dependent or civilian.

"We are in our 20th year and last year we had 11 teams participating, but are hoping for more this season," said William Ramsey, president of the Turkey League.

There will be a meeting at the Rynish

Bowling Center on Wednesday, Aug. 23 at 5:30 p.m. All teams and any bowlers looking for a team may sign up at that time.

The league will officially start on Wednesday, Aug. 30, with pre-bowling at 5:15 p.m. and league play commencing at 5:30 p.m.

A team will consist of four bowlers—all males, females or mixed—so come out and join in on fun.

For further information please contact Ramsey at (847) 688-4560, ext. 3358 or Dennis Rodefer (847) 688-5454, ext. 13.

Rynish Bowling Center (RBC)

Bldg. 180, 688-5612

Parcheezi's is now open for lunch at 10:30 a.m. from Tuesday through Friday!

Adult bowling leagues are now forming!

Sign up at the bowling center counter today! Leagues: Tuesdays, 5:30 p.m., CPO; Wednesdays, 5:30 p.m., Wednesday Night Turkey's; Thursdays, 6:30 p.m., Thursday Night Strikers.

Great Lakes Junior Bowling League registration is scheduled for Sat., Aug. 19 and 26 from noon to 4 p.m. for youth ages three-22 (males and females). Season starts Saturday, Sept. 9. For more information, please call Carolee Lester at (847) 746-2110.

Kids Bowl free in August (ages 16 and under)

Sign-up to receive a punch card - good for one FREE game of bowling each day in August!

August Weekly Specials ...

Free Lunchtime Bowling! 11 a.m.-1 p.m. every Tuesday and Wednesday.

Monday Special! RBC's Monday \$1 bowling!

Tuesday, Wednesday, and Thursday Special. Pay for two games - get the third game free from 5 p.m.-close.

Friday and Saturday Specials! Planet Bowl - Glow in the dark bowling from 9



p.m. - midnight: adults \$12/children (16 & under) \$10.

Family Bowling Special!

Sunday-Thursday, \$22 per lane, Two hours of bowling, one 16-inch one-topping pizza, and one pitcher of soda (shoes extra).

Hours of Operation: Sunday, 3-10 p.m.; Monday, 5-10 p.m.; Tuesday - Thursday, 11 a.m.-10 p.m.; Friday, 11 a.m.-midnight; Saturday, 5 p.m.-midnight.

Hike and improve your health

Just 30 minutes a day of moderate exercise can contribute significantly to your well-being: improving cardiovascular health, lowering blood pressure, helping control weight and reducing risk of major illnesses and disease. Walking is one of the easiest ways to add activity to your routine and our Lake County Forest Preserves provide the perfect setting.

Take the Hike Lake County challenge and hike seven of 12 designated trails between Aug. 15 and Nov. 30. You'll get fit and receive a free commemorative shield for your walking stick.

This year's Hike Lake County event is sponsored by Lake Forest Hospital. For more information about health benefits and issues related to walking, call the Lake Forest Hospital sports medicine department at (847) 535-7550, or visit them online at www.LakeForestHospital.com.

Now in its eighth year, participants of the annual Hike Lake County event must hike seven of 12 designated trails by Nov. 30, 2006 and record them in their official Hike Lake County Travel Log, available online at www.LCFPD.org or at various forest preserve locations. Upon completion, participants will receive a commemorative shield

(free for Lake County residents; \$10 for out-of-county residents).

Designated trails are marked with special signs indicating the trailhead and route to follow. Mileage varies from one mile to just over three miles, and is indicated for each trail in the Travel Log. All of the trails are clean, safe and scenic. Most are also wheelchair accessible. Enhance your hiking experience with a varnished Ozark hardwood hiking stick (\$10) or Golden Guide field guide (\$7), available for purchase at selected Forest Preserve facilities.

Add camaraderie to your fitness regimen and hike with a group. Lake County Forest Preserves' Forest Fitness group is covering several of the Hike Lake County trails this fall. See our Web site at www.LCFPD.org for a schedule or call (847) 968-3321.

Pick up a Hike Lake County Travel Log at the following Lake County Forest Preserve facilities: Brae Loch Golf Club (Grayslake), General Offices (Libertyville), Greenbelt Cultural Center (North Chicago), Independence Grove Visitors Center (Libertyville), Lake County Discovery Museum (Wauconda), Operations Office in Lakewood Forest Preserve (Wauconda) or Ryerson Woods (Deerfield).



Champions!

This years World Series Softball Tournament winners, the Red Ropers, presented Capt. Annie Andrews, commanding officer of Recruit Training Command, with the 1st place plaque. This is the second year in a row that the Red Ropers has won the softball world series. Bottom row from left: Sgt. 1st Class Ray Ado, ENCS(SW) Jeffrey Knouse, Capt. Annie Andrews, DCCS(SW) Dave Gettleman. Top row: Sgt. 1st Class Vern Campigotto, IT2(SW/AW) Nathan Hon, STG1(SW/IUSS) Eldon Duke. Photo by MC1(AW/SW) V.K. Schaefer

Made-in-the-shade bass fishing

By LUKE CLAUSEN

Most people think that catching big bass in the summer is more difficult, but it doesn't have to be. Much like anything else that has to spend all day outside during the hottest part of the year, bass will look for a shady place to hang out. Finding these places is the first step towards catching more than a sunburn during the summer.

Shade fishing will pay off on big lakes, farm ponds, backwater sloughs and creeks in the middle of the day where it is common to find bass holding on the shady side of boat docks, in the shade of walkways leading to boat docks and piers and in the shade of pilings on the side of boat docks and piers. Aquatic vegetation like weeds and grasses also create shade that hold bass during the middle of the day. When it comes to a bass's summer-time hangout, the thicker, denser cover is the most likely place to find fish.

I have the most success when fishing soft plastics and jigs in big water shade. Pitching a plastic worm or lizard under a boat dock can cause a bass attack. These two lures also can catch bass in the grass. To catch big bass in the middle of the day in the summer months, fish a heavy jig that will punch a hole in the thick grass. Then let the bait fall.

When I fish a jig in the grass, I'm primarily fishing the lure on the fall and watching my line to see the strike. A heavier jig results in a faster fall, which is more likely to produce a reaction strike. If the lure hits the bottom, shake your rod tip to make the bait quiver. If a bass doesn't attack

the bait within 10 seconds of its laying on the bottom, then I reel the lure in and make another cast.

If a finesse approach in the shade doesn't provide the action, topwater baits can be equally effective in warm water. Regardless of the time of year or the day, you can usually find some bass holding on shoreline cover in shallow water, and most of the time they will bite a topwater bait. Experience with depthfinders will also allow you a third option in the summer, fishing for structure-oriented bass in deep water on bottom breaks, humps, drop-offs and ledges. Some anglers will only fish where they see bass holding close to or on the bottom of the depthfinder. But more experienced anglers will fish the bottom breaks and humps because they know that many times the bass will hold just under or beside bottom cover, and you might not spot them on a depthfinder.

Though it may be the hottest time of the year around most of the country, it never hurts to take some time and think about what the fish are doing and why they do it. Look for things in the lake that are likely to have appeal to a bass and focus your efforts on those areas. You might be drenched in sweat, but this time of year can produce some of the year's best fishing if you approach it the right way.

Ranger Boats pro staff member Luke Clausen is the 2006 Bassmaster Classic Champion and the youngest angler in professional fishing history to eclipse the \$1 million career earnings mark.



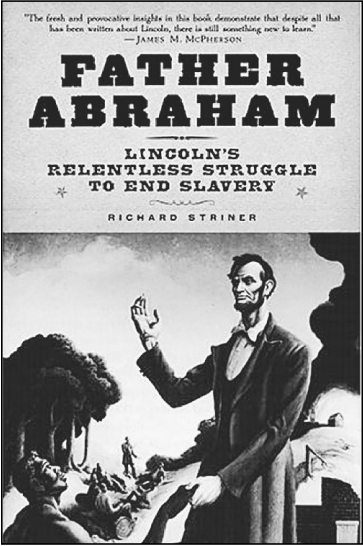
Lincoln, the ‘Great Emancipator,’ suffered with personal tragedy

By LT. CMDR. YOUSSEF H. ABLOUL-ENEIN
Bulletin Book Reviewer

Father Abraham: Lincoln’s Relentless Struggle to End Slavery by Richard Striner. Oxford University Press, 198 Madison Avenue, New York (www.oup.com). 264 pages, 2006.

The 16th President Abraham Lincoln is vital if one truly wishes to understand not only America’s history but the American character. He is enigmatic, complex, clumsy, and most likely in today’s media conscious society Abraham Lincoln who was lanky and not known at the time of his presidency to be a great orator would not be elected President today. Yet he ranks among America’s most important President’s, a leader who kept the United States intact and grappled with an issue that threatened the credibility of the idea that is America, the issue of slavery.

Richard Striner, a Professor at Washington College devotes his entire book at focusing on Lincoln as the Great Emancipator. The issue of Lincoln as a Great Emancipator has been the subject of much debate. This book looks into Lincoln’s speeches, views and actions that justify this title, during the administration of President James Buchanan between 1854 and 1858, Lincoln argued that the Declaration of Independence that declared the equality of all men, cannot delineate between African-Americans and other persons. He appealed that such thinking would cause a ripple effect of discrimination based religion, European origin and will not stop.



As President, Lincoln would draft the Emancipation Proclamation in 1862, when Federal forces suffered two major defeats against the Confederacy. He would be told by his cabinet not to release the Proclamation until Union forces has a military victory, as it would be seen as a desperate attempt by a desperate government. Readers will realize that until the bloody Battle of Antietam, the Confederacy had the upper hand. It had a force that defeated Lincoln’s armies; it had aggressive Confederate generals like Robert E. Lee and Stonewall Jackson, it had cotton that Europe needed, and a third victory would have led to British recognition.

After Antietam, which pushed Lee’s forces out of Maryland, and the release of the Emancipation Proclamation, Lincoln widened the moral scope of the Civil War. This caused Britain and France, which had banned slavery not to recognize the Confederacy after the Proclamation. It is important to stress however that Lincoln drafted the Proclamation during the darkest hours of the Civil War for the Union. The author ends the book by writing that Lincoln did more than save the Union or free the slaves, it can be said he saved our nation’s soul. Lover’s of American history will enjoy this book.

Lt. Cmdr. Aboul-Enein is a Middle East Policy Advisor at the Office of the Secretary of Defense for International Security Affairs. He acquired his interest in the Civil War while an undergraduate student at the University of Mississippi. He wishes to thank the Quince Orchard Librarians at Gaithersburg, Maryland for providing the book – Ed.

Income-replacement program launched for mobilized reservists, guardsmen

AMERICAN FORCES PRESS SERVICE

WASHINGTON (NNS) — The Defense Department kicked off a program in August to help prevent activated Reservists and National Guardsmen from facing financial hardships.

The Reserve Income Replacement Program (RIRP) will pay eligible National Guard and reserve members mobilized for extended or frequent periods the difference between their monthly civilian pre-mobilization income and their current total monthly military compensation.

“RIRP is designed to assist those mobilized Guard and reserve members that are experiencing a loss of income while mobilized,” said Tom Bush, principal director of manpower and reserve affairs for the Office of the Assistant Secretary of Defense for Reserve Affairs.

Program payments are not automatic. Guard and reserve members must apply for the RIRP payments thorough their service personnel offices.

To qualify for RIRP, service members must be serving on active duty in an involuntary status and have completed 18 continuous months of involuntary active duty; or have completed 24 cumulative months of

involuntary active duty within the last 60 months; or be serving on involuntary active duty for a period of 180 days or more that starts within six months of separation from a previous period on involuntary active duty for at least 180 days.

Guard and reserve members serving on involuntary active duty and earning at least \$50 less than their normal civilian income each month must verify eligibility for this benefit through their military service’s personnel system, using a new DD form created for this program, DoD officials said.

Financial records submitted with the RIRP application must include the member’s most recent federal income tax return or other record of earnings that shows gross income during the 12 months before the member’s mobilization, officials said.

The first payments under the program will be made at the end of August for members who have completed the application and meet all eligibility criteria.

Congress authorized the Reserve Income Replacement Program as part of the National Defense Authorization Act for fiscal 2006. The authority for RIRP will expire Dec. 31, 2008.

To download the eligibility verification form, visit www.dod.mil/ra/.



Norfolk, Va. - Master Chief Petty Officer of the Navy (MCPON) Joe Campa get a brief from a Sailor in flight deck control aboard the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71) during his visit. Campa is visiting Naval Station Norfolk to talk to the Sailors in the region. U.S. Navy photo by MCSN Stephen Early

MCPON focuses on leadership traits during visit aboard Theodore

By MC1(SW) DANIEL A. BRISTOL
USS Theodore Roosevelt Public Affairs

ABOARD USS THEODORE ROOSEVELT (NNS) — Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. arrived at Naval Station Norfolk’s pier 12 at 6 a.m. Aug. 3 to visit Sailors aboard USS Theodore Roosevelt (CVN 71).

After finishing breakfast in the chief’s mess, Campa toured the ship with TR Command Master Chief, CMDCM Christopher Engles, to meet and talk to as many TR Sailors as he could. Campa said he wanted to meet the Sailors and hear their concerns, because, “if it is a concern here, then it is something I need to look into throughout the Navy.”

Campa spoke with the TR chiefs in the chief’s mess and with the first class petty officers in their mess. He spoke about the first class petty officer’s role in the Navy as the deckplate leader and a mentor for junior Sailors.

“It is an honor to be on board,” said Campa. “Your ship looks good and your Sailors look good, and that is important

because how your Sailors look is a direct result and indication of your leadership.”

Campa, who became the MCPON less than a month ago, opened the floor to questions from the first class petty officers. Campa talked about new uniforms, advancement of junior Sailors, warfare programs and the augmentation of ground forces around the world.

“This has probably been the best day,” said Campa. “I was able to walk around and meet Sailors who work hard every day and hear what they have to say.”

Campa met with TR Commanding Officer, Capt. John R. Haley, and then concluded his tour of TR by having lunch with Sailors in the crew’s mess.

“If what you are doing here with regards to the junior Sailors is working, you have a responsibility to carry this on to your next command and plant the seed there,” said Campa. “I believe in the warfare program because it instills within us a sense of esprit de corps, but the primary focus should be on a junior Sailor’s knowledge of his rate and his advancement up the ranks. As deck plate leaders, we should be enforcing the standards across the spectrum.”

★ ★ ★



★ ★ ★

Until Every One Comes Home®

Your “Home Away From Home”

For current program info see Web site:
www.uso.org/Illinois

Your USO Great Lakes “Home Away From Home” Has So Much to Offer!.

- Six computers with Internet, printers and fax (\$1 per hr)
- A library with books and magazines you can take with you! FREE
- Quiet study rooms large enough for groups.
- Big screen movie rooms with all the latest movies. FREE!
- Four Pool tables FREE!
- A Music Room with guitars, drum set, keyboard and amps. FREE!
- Art Room loaded with art supplies. FREE!
- Play station 2, N-64 and X-Box with all the latest games. FREE!
- NO DOUGH DINNER/KAROKÉ! We feed you the night before payday!

Don’t forget “No-Dough” dinner the night before each payday at 5:30 p.m.

NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5.
Standard tickets cover the 50-minute, 3-D movie.
Tickets are available for purchase at the Navy Pier USO.
The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8.
Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.
The Sea Dog offers discounts when presenting a military ID.
The Shoreline Water taxi is free for military in uniform.
The Tall Ship Windy offers free rides to military in Uniform.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday – Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.

Successful Multinational RIMPAC 2006 exercise concludes

From RIMPAC 2006 Coalition Information Bureau



Pearl Harbor - USS Abraham Lincoln (CVN 72) passes the USS Arizona Memorial as it enters Pearl harbor for a scheduled port visit before the start of Rim of the Pacific (RIMPAC) 2006. Eight nations are participating in RIMPAC 2006, the world's largest biennial maritime exercise. Conducted in the waters off Hawaii, RIMPAC 2006 brings together military forces from Australia, Canada, Chile, Peru, Japan, the Republic of Korea, the United Kingdom and the United States. U.S. Navy photo by MC1 Dennis C. Cantrell



ABOVE: Pacific Ocean - Naval vessels fell into ranks for a photo exercise at the conclusion of Exercise Rim of the Pacific (RIMPAC) 2006. RIMPAC trains U.S. allied forces to be interoperable and ready for a wide range of potential combined operations and missions. U.S. Navy photo by MCSN James R. Evans

RIGHT: Pearl Harbor, Hawaii - The Republic of Korea Navy Submarine Jung Woon (SS 67) prepares to moor at the submarine piers at Naval station Pearl Harbor. Jung Woon is the first foreign submarine to enter Pearl Harbor for the exercise, which is held every two years. U.S. Navy photo by MC2 Corwin Colbert



Pacific Ocean - BM2 Zane Bradshaw, rig captain for an underway replenishment station onboard USS Abraham Lincoln (CVN 72), orders the wench to gear down as a fuel probe from The USNS Rainer (T-AOE-7) approaches for refueling. US Navy Photo by MCSN Geoffrey Lewis.

PEARL HARBOR, Hawaii (NNS) — The 20th multinational Rim of the Pacific exercise (RIMPAC) concluded July 28 after a month of intensive warfare training conducted off the coast of the Hawaiian Islands.

The coalition force comprised of eight nations, 35 ships, 160 aircraft and 19,000 personnel returned to Pearl Harbor for a short pause before beginning the final journey home at the end of the month.

"The exercise was a tremendous opportunity to learn and improve how we work together," said Vice Adm. Barry Costello, commander, U.S. 3rd Fleet, "but more importantly, RIMPAC continues to build positive relationships among allied nations who share a common interest in peace, security and stability in the region."

The month-long exercise was broken into several phases, including a variety of drills and a tactical scenario play. During the initial phase, ships and aircraft worked on improving individual and task group level warfighting skills. Over a period of 10 days, the RIMPAC forces operated in waters off Oahu and Kauai and conducted numerous exercises including live missile, torpedo, and gunnery fire exercises, air defense, surface warfare, undersea warfare, maritime boardings, mine warfare and anti-submarine warfare.

"RIMPAC provides an opportunity to grow and develop professional forces capable of providing stability in our part of the world," said Australian Commodore Richard Shalders, who served as the RIMPAC sea combat commander aboard HMAS Manoora. "One of the largest exercises in recent years, RIMPAC 2006 was successful as all units performed extremely well, achieving all of our operational aims," he said.

The last phase of the exercise involved a fictitious scenario where coalition "blue" forces worked to enforce U.N. Security Council Resolutions to prevent country "orange" from overtaking country "green." As part of this role play, U.S. Marines were used to conduct non-combatant evacuation operations, as well as an amphibious beach assault. The air forces provided close air support, surveillance, air strikes as well as anti-ship and anti-submarine warfare capabilities.

"We had the opportunity to practice operational level command and control, as well as flying various tactical air missions during the exercise. Participation in RIMPAC is critical because there is simply no substitute for the experience gained by planning, training and working in a coalition," said Canadian Col. John McManus, who served as one of the Combined Force Air Operations Center directors.

Nations participating in RIMPAC 2006 were Australia, Japan, Chile, Canada, Peru, Republic of Korea, the United Kingdom and the United States.



Pearl Harbor - HTFN Stefan Gingerich, assigned to Naval Special Clearance Team One (NSCT-1), gives "Katrina" one of the Marine Mammal System (MMS) dolphins positive reinforcement while conducting mine countermeasure operations. U.S. Navy photo by MC2 Jennifer A. Villalovas